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Book Review: Wellness Foods A to Z

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EDUCATIONAL MATERIALS IN REVIEW: BOOKS

Wellness Foods A to Z. Margen S, and the editors of the UC Berkeley Wellness Letter, 2002. From Health Letter Associates, 632 Broadway, New York, NY 10012, hardcover, 640 pp, \$39.95, ISBN 0-929661-70-2.

Wellness Foods A to Z is a functional guide for food and nutrition lovers. Optimal health can be achieved by understanding the benefits of different food combinations. New information about the benefits of food is being published daily, and Wellness Foods A to Z contains this information. It provides insightful information on over 500 alphabetized foods.

In today's world, the public is bombarded with many "buzz words" purporting the improvement of our health status. But what do all of these new buzz words mean? Wellness Foods A to Z defines these buzz words while providing helpful nutrition information on topics such as cooking techniques, supplements, and historical information.

Wellness Foods A to Z is organized through the use of color-coded sections that enhance the accessibility and readability of the large volume. The thoroughness of this text enhances its usefulness in both the educational and medical environments. Professionals such as educators, dietitians, nurses, and other medical professionals would benefit by adding this reference to their libraries owing to its easy accessibility and in-depth information.

Wellness Foods A to Z provides educators with accurate information on topics such as phytochemicals and their possible disease-preventing benefits. Visual aids such as food labels and realistic pictures offer a greater level of stimulation for the readers' learning experience. The reader is presented with proper cooking techniques that explain how to decrease nutrient loss. Up-to-date information is provided for educators and students alike on numerous topics, such as omega-3 fatty acids and other wellness recommendations. The authors of the text offer references to other studies that help to support that the data are reliable and accurate. Although the topics are current, owing to new research being performed daily, updating will be needed in the future.

Wellness Foods A to Z is a stimulating reference for basic or advanced nutrition needs as it does more than just brush the surface of nutrition information. Its original layout makes its advanced nature easier to read. It could be found in kitchens or classrooms as a reference. Learning is a less time-consuming process when using a book with such an excellent format.

By Kristyn Makoivka; Sandy Hussey and Melanie Tracy Burns, PhD, RD